
60 MINUTE PRAYER GUIDE: THE LORD'S PRAYER

Spend an hour reflecting on the most famous prayer in history.

You'll need: paper, a pen, a bin

APPROACH – 15 Minutes

"This, then, is how you should pray: Our Father in heaven, hallowed be your name" - Matthew 6:9

Think of all of the names that you use for God (For others read: Genesis 21:33, Exodus 3:14, Judges 6:24, Deuteronomy 7:9, Deuteronomy 10:17, Isaiah 5:16, Psalms 136:26, Isaiah 7:14, John 8:58).

Which name do you use most when you pray?

"What comes into our minds when we think about God is the most important thing about us" – A W Tozer

How often do you use the name "Father"?

Read Matthew 7:9-11.

How does your identity as God's child affect the way you approach him now?

ASK – 15 Minutes

"Your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread." - Matthew 6:10-11

Write your name in the centre of a sheet of paper, then surround it with the people, situations and places that you want God to move in. Include anything that has been worrying you.

Ask God to teach you to pray His will for his kingdom in each of these situations.

Then, make a paper aeroplane from the paper. As you throw it across the room, thank God that He has all of your life in His hands.

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REFLECT – 15 minutes

“And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one” - Matthew 6:12-13

Think back through the past 24 hours; the things you've done, people you've met.

Ask the Holy Spirit to highlight things you've done wrong, or times where you should have acted and did not.

Write everything that's come up on a piece of paper and as you say sorry, tear the paper into a bin. Thank God for forgiving you.

Is there someone you need to forgive today? Ask God to show you who.

PRAISE – 15 minutes

“...and has made us to be a kingdom and priests to serve his God and Father – to him be glory and power for ever and ever! Amen.” - Revelation 1:6

Stand and speak the names of God aloud, adding after each one why this is true in your life

Write a song or poem that expresses your love to God. If you need to, find inspiration from the book of Psalms, and modern day worship songs.

60 MINUTE PRAYER GUIDE: PRAYING FOR OTHERS

Spend an hour praying for others around you

You'll need: Pen, Paper

Invite the Holy Spirit as you start to pray, and read Matthew 28:16-20

WHO ARE THE PEOPLE AROUND YOU?

Write your name on the middle of a piece of paper. Then, write the names of friends, family, neighbours or colleagues that don't know Jesus and link them to your name with arrows.

How would knowing God impact the lives of these people? Write or draw something by each name to represent the change.

SEEING JESUS IN OTHERS

We are all made in the image of God. Think about each person on your piece of paper, and write down the good qualities God has given them. Thank God for the unique way each person was made and created.

INVITE THE HOLY SPIRIT

Think about the way that you interact and engage with the people on your piece of paper. Then, pause and welcome the Holy Spirit into every part of your day to day life. Pray for each person individually - that they will see something of Jesus through your interactions with them each day.

BE INTENTIONAL

Read through your list of people once more, and as you do so, allow the Holy Spirit to draw you to a person or a few people that you can engage with this week. Write down any ideas of how you can bless them or share hope with them when you see them next.

Take your piece of paper with you when you leave as a reminder to keep praying daily for your friends and family.

60 MINUTE PRAYER GUIDE: PRAYING FOR YOUR AREA

Spend an hour praying for your village, town or city

You'll need: Pen, Paper, your imagination

Imagine that Jesus is physically present with you right now, and asks you to step outside and show him around your town or city...

Imagine yourself walking through your village, town or city. What do you notice about the streets and the people? Jesus wants to stop and speak to those that are often overlooked. Who do you introduce Jesus to?

Think of the people in your town or city that are often overlooked by others. Pray for these people now.

As you continue walking, you take Jesus to the places where people need healing – your local doctor's surgery, hospital or clinic. Who would Jesus visit here? What would He do?

Think of the people in your town or city who need healing – emotional or physical. Pray for these people now.

You walk with Jesus to the places where people serve others in your town or city; to the local schools, local law enforcement, oppressed and imprisoned. Where does Jesus interact? How does He encourage them?

Think of the people in your town or city who work for others. Pray for these people now.

After walking around your town, you introduce Jesus to your friends and family; those you live, work, and socialise with. What do you and your friends talk about with Jesus? How do your family interact with Him?

Think of your friends and family – those who know Jesus and those who don't. Pray for these people now.

As you end your walk with Jesus, He asks you what you're passionate about in your town or city and the role you play. What is your response?

Think about the gifts and skills God has given you. Ask God how you can use your unique character and nature to serve and transform your village, town or city.

60 MINUTE PRAYER GUIDE: PRAYING FOR YOUR NATION

Spend an hour praying for your nation

You'll need: A national newspaper, scissors, glue or tape, a large map or drawing of your nation, post it notes.

PRAYING THROUGH THE NEWS

Using the newspaper, read through the articles and choose two things happening in your nation today. Take time to invite God's light and presence to move in these situations. Ask Jesus to move and for His Kingdom to Come and His will to be done.

PRAISE AND PETITION

In every nation there are things to thank God for, and things to ask for his help with. Using the newspaper, cut out words that describe good and bad things about your nation. Stick them to a piece of paper, praising God for the good things that you read, and asking for his help with the bad.

PRAYING FOR YOUR NATION

Think about the role that government plays in our lives today. Lay the map of your nation on the floor and stand - or put your hand - on the place where your government meets. Pray that the kingdom of Jesus would be the foundation of law and leadership in your nation.

Take some time to pray specifically for your leaders; for God to guide your national leader in justice and wisdom.

Then, look at the different parts of your country on the map and consider the people who live in each region. Ask the Holy Spirit to move in your nation. Write specific prayers for different parts of your nation on the post it notes.

As you finish your time of prayer, you might like to take a post it note away with you. Write a prayer for your nation, or something God's said during this time. Stick it somewhere you'll see it and continue to pray for your nation this week.